



## 2007-2008 Healthy Community Award Criteria

The Healthy Community Award Program (HCAP) recognizes the outstanding achievements of cities/towns in implementing health-related policies and ensuring healthy community environments. It acknowledges efforts to encourage public employees and residents to make healthy choices.

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### Instructions:

1. Choose the level of award your community is working toward.
2. Find the correct number of policy, infrastructure, and outcome criteria required for the award level chosen.
3. Identify which specific criteria will be accomplished to achieve the designated award level.
4. Download the community award application at [http://health.utah.gov/ahy/Community/Community\\_home.htm](http://health.utah.gov/ahy/Community/Community_home.htm) , fill out, and submit (instructions are on the application).

\* All OUTCOMES must be measurable. You must provide documentation of the results completed under OUTCOMES and submit with the award application

FOCUS AREAS	CRITERIA CATEGORIES		
	POLICY	INFRASTRUCTURE CHANGE	OUTCOMES
	Written and monitored city/town policies, procedures or ordinances	Basic facilities, equipment, resources and environmental supports provided in/by the city/town	Expected changes that will result from the implementation of the program/activity and methods to measure progress
	Required number of policy criteria for each level: Bronze – 3 Silver – 7 Gold – 12 Platinum – 16	Required number of infrastructure criteria for each level: Bronze – 3 Silver – 7 Gold – 12 Platinum – 18	Required number of outcomes criteria for each level: Bronze – 2 Silver – 3 Gold – 4 Platinum – 5
<b>General Community</b>	<input type="checkbox"/> Official proclamation or resolution to participate in HCAP by Mayor, city manager, and/or city or	<input type="checkbox"/> Community-wide health coalition addressing each of the 4 health topic areas in HCAP <input type="checkbox"/> Existence of city/town and/or	<input type="checkbox"/> Increase number of visitors to health-related resources on city/town website <input type="checkbox"/> Increase media outreach on

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	<p>community council</p> <ul style="list-style-type: none"> <li>□ Written HCAP plan that describes which policy, infrastructure and outcome the community will work on.</li> </ul>	<p>county website</p> <ul style="list-style-type: none"> <li>□ City/town and/or county government websites link with relevant state and local community service websites</li> <li>□ 75% of city's/town's elementary schools participate in the Gold Medal School Program</li> <li>□ City/town and/or county government worksites participate in the Healthy Worksite Award</li> </ul>	<p>city's/town's HCAP</p> <ul style="list-style-type: none"> <li>□ Increase in number of city/town elementary schools that are Gold Medal Schools</li> <li>□ Each Gold Medal School achieves the next highest level</li> <li>□ Increase in number of government worksites that qualify for the Healthy Worksite Award.</li> <li>□ Conduct a family-based community needs assessment to identify available resources for physical activity and healthy eating</li> </ul>
<b>Physical Activity</b>	<ul style="list-style-type: none"> <li>□ Develop and adopt a master transportation plan that promotes active lifestyles</li> <li>□ Policy to build and/or replace sidewalks to be in compliance with pedestrian safety standards</li> <li>□ Ordinance that requires new subdivisions to provide sidewalks and lights</li> <li>□ Policy for the inclusion of trail systems and walking/bicycling</li> </ul>	<ul style="list-style-type: none"> <li>□ Improve the signage, or informational materials that promote trails, bike-board-blade parks or equestrian trails, etc.</li> <li>□ Promote use of existing Legacy Gold Medal Miles and permanent marked distance walking trails</li> <li>□ Conduct a community audit to identify transportation practices and physical activity related policies</li> <li>□ Expand and/or connect existing</li> </ul>	<ul style="list-style-type: none"> <li>□ Increase percent of residents who walk or ride a bike for transportation</li> <li>□ Increase in residents reporting awareness and / or use of Legacy Mile trails</li> <li>□ Increase in number of residents reporting use of community physical activity facilities and environments</li> <li>□ Increase in number of affordable public or private recreation centers</li> </ul>

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	<p>paths in existing and new subdivisions</p> <p>❑ Incorporate transportation policy to promote non-motorized and mass transportation</p>	<p>trails</p> <p>❑ Work with local recreation and ski areas to jointly promote inexpensive equipment rental, lessons, and ski opportunities for Utah families.</p> <p>❑ Develop safe routes and systems for children and seniors that encourage walking and biking in neighborhoods and to schools.</p>	<p>❑ Increase in miles of designated walking / biking trails</p>
<b>Nutrition</b>	<p>❑ Policy requiring healthy food and beverage choices in city / town and county-owned / managed facilities and at city / town-sponsored functions</p> <p>❑ Policy for the development and management of community or neighborhood gardens</p> <p>❑ Policy for the development and management of farmers markets</p> <p>❑ Policy or action plan to create a breastfeeding-friendly workplace for city / town employees and clientele</p>	<p>❑ Municipal facilities (including recreational facilities) have healthy food options</p> <p>❑ Municipal facilities (including recreational facilities) are free of advertising for unhealthy food items</p> <p>❑ Grocers actively promote sales of fruits and vegetables through creative pricing and marketing</p> <p>❑ Restaurant and grocery stores have systems in place to donate fresh fruit and vegetables to local food banks</p> <p>❑ Support the use of locally grown produce in grocery stores,</p>	<p>❑ Increase in number of healthy food and beverage choices available at city / town and county-owned / managed facilities</p> <p>❑ Increase in number of residents using community gardens</p> <p>❑ Increase in number of residents using farmers markets</p> <p>❑ Increased availability of healthy options in neighborhood food stores and food banks</p>

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		<p>restaurants, schools, and worksites</p> <ul style="list-style-type: none"> <li>❑ Increase the availability of fruits and vegetable through community-based gardening and farmers markets</li> <li>❑ Sponsor a community initiative to increase fruit and vegetable access or consumption</li> <li>❑ Restaurants offer healthy menu choices with appropriately-sized portions and general nutritional information available at point-of-purchase</li> <li>❑ Municipal offices have worksite breastfeeding policies that are communicated to all staff</li> <li>❑ Ensure the availability of breastfeeding friendly environments in public places</li> </ul>	
<b>Safety</b>	<ul style="list-style-type: none"> <li>❑ Policy for bike-board-blade helmets for all users</li> <li>❑ Policy that plans for all sidewalks and crosswalks to meet Americans with Disabilities Act requirements</li> <li>❑ Policy requiring sidewalks to</li> </ul>	<ul style="list-style-type: none"> <li>❑ Existence of bike lanes</li> <li>❑ Signage at bike-board-blade parks promoting use of protective gear</li> <li>❑ Increase safety features of crosswalks and sidewalks near schools and senior centers (ex: raised crosswalks)</li> </ul>	<ul style="list-style-type: none"> <li>❑ Increase in miles of marked bike lanes</li> <li>❑ Increase in percentage of adults and youth observed using bike/board/blade helmets</li> <li>❑ Increase in number of schools with current Safe Routes to</li> </ul>

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	<p>be cleared of snow and vegetation</p> <p>❑ Policy that sets speed limit at 25 mph or less in residential areas</p>	<p>❑ Participate in Safe Routes to School program through Utah Department of Transportation (UDOT)</p>	<p>School policies, programs and Student Neighborhood Access Programs in place</p>
Healthy Behaviors	<p>❑ Ordinance prohibits smoking in parks and outdoor recreation facilities</p>	<p>❑ Posted Drug-Free Zones designated near schools and parks</p> <p>❑ Enforcement of policy prohibiting smoking in parks and recreation facilities</p> <p>❑ Appropriate signage of policy for ordinance prohibiting smoking in parks and outdoor recreation facilities</p>	<p>❑ All parks and outdoor recreation facilities are smoke-free</p>